

Amendment to the Claims:

This listing of claims replaces all prior versions, and listings, of claims in the application:

1-6. (Canceled).

7. (Currently amended) ~~A method as in claim 6,~~ A method, comprising: attaching a tunable damping element to a resonating element; and increasing an amount of tension in said resonating element to increase a resonant frequency of the resonating element in a way that decreases an effect of stimulated audio on the resonating element, wherein said tunable damping element includes a rod which is connected to said resonating element, and wherein said increasing includes tightening said tunable damping element, to increase an amount of tension in said resonating element, wherein said tightening comprises providing a washer on the rod, and tightening the washer against a surface of the resonating element, further comprising coupling a sound damping material to said washer.

8. (Original) A method as in claim 7, wherein said increasing comprises tuning the resonating element to a frequency related to characteristics of the sound damping material.

9. (Original) A method as in claim 8, wherein said characteristics include a maximum frequency of maximum sound absorption of the sound damping material.

10-22. (Canceled).